

Infield Workout Examples

1. Hands Work
2. Footwork
3. Reaction Drills
4. Double Play Exchanges/Feeds

1. Hands Work

- a. Touches without glove
 - i. On Knees routine play
 - ii. On Knees Forehand
 - iii. On Knees Backhand
 - iv. On Feet routine play
 - v. On Feet Forehand
 - vi. On Feet Back Hand
- b. Touches w/ Glove on (Can also be done w/ paddle or training infielders glove)
 - i. Same routine as above
- c. Balance to field drill
 - i. Balance on right leg
 1. Partner rolls ball to Infielders left
 2. Infielder sinks to field ball and finished w/footwork to 1st.

2. Footwork Drills

- a. Rounding Drills with cones
 - i. This can be done with a dead ball out in front
 - ii. This can be done with a live ball rolled as player starts rounding footwork
 - iii. Cans can also be set up to simulate backhand plays
- b. Ladder Drills
 - i. Quick feet to fielding position
 - ii. Side to side – Back hand/Forehand
 - iii. Side to Side – Cutoffs/Double Pays (similar footwork as above, but with simulating cuts and double play movements)
 1. These can be done dry (with no balls) and with balls be thrown at infielder

3. Reactions drills

- a. Four ball call Drill
 - i. Take four balls and set them up as routine (1), forehand (2), backhand (3), and do or die (4) plays
 - ii. Fielder goes through prep steps and partner calls a number 1 to 4 and fielder reacts and uses proper footwork and angles to “field” the called ball
- b. Blind Prep
 - i. Have fielder go through prep steps with eyes close
 - ii. Once they complete prep steps they can open eyes
 - iii. Infielder reacts to rolled ball and fields w/ footwork to 1st

4. Double Play Feeds and Exchanges

- a. Feeds
 - i. Start on right knee (left leg straight out to your left)
 - ii. Field rolled groundballs (routine, right in front)
 - iii. Work on feeding up hill to target area (throwing from SS to second base)
 - iv. Start on two feet (fielding position)
 - v. Still want feeds to be working up hill to target area
 - vi. Lastly, with movement to the right (Fielder moves to right, fields rolled ball, and feeds second base)
- b. Double play exchanges and footwork